

# Child Care Health Consultation Lesson Plan

**Contractor Name:** CCHC Program (submitted by Jefferson County)

**Date Submitted:** March 12, 2015

☐ **Children's Health Promotion**

<b>Adult Training on Content Area V: Health and Safety</b>  <i>Select one standard and one level</i>	<b>Health and Safety Standards</b>	<b>Training Levels</b>
	<input type="checkbox"/> Promoting Risk Management Practices <input checked="" type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011	

**Title:** Positive Discipline

**Training Goal:** To provide daycare providers with ideas on how to discipline and guide children in ways that are positive and healthy for child development and future well-being.

**Learning Objective(s):** Participants will  
 1. Identify and understand the difference between discipline and punishment. 2. Identify different discipline styles and their potential outcomes for the child. 3. Describe positive discipline and guidance strategies that correspond to the unique development needs of different aged children. 4. Demonstrate understanding of how positive and effective child discipline and guidance represent long term investments in growing healthy resilient children.

Topical Outline of Content	Training Method(s)	Time (in minutes)
1. The difference between discipline and punishment, the need for rules/boundaries as a society.	Power point/ Group discussion	15 minutes
2. Different discipline styles and their outcomes for the child.	Power point Group discussion	45 minutes
3. How different discipline styles affect the child's behave.	Power point Group discussion	15 minutes
4. Participants identify their personal discipline style	Written questions with interpretation	10 minutes
5. Discipline choices and strategies.	Power point Group discussion	15 minutes
6. Discussion of physical punishment and alternatives	discussion	5 minutes
7. Scenarios of common discipline situations using methods just learned.	discussion	10 minutes
8. Closing and evaluation		5 minutes
<b>TOTAL TRAINING TIME = two (2) clock hours</b>		

**Method(s) of Outcome Evaluation:** participation in final scenario and group discussion

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<b>Date Approved:</b> 3/28/12	<b>Authorized Approval Signature:</b> 	<b>Date Expires:</b> 3/28/16
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